

Among Friends



Fond du Lac Senior Center ... *where friends meet!*

MARCH 2015

Proudly serving the seniors in the Fond du Lac community for almost 50 years!

Finding Your Way Home

Who will be your voice if a financial, emotional, legal or medical crisis hits?

Meet the many faces and levels of health care at this monthly FREE workshop. Be prepared for the aging process and know the resources available to help you stay independent. Workshops will be held the second Friday in April, May, June, July and August. For a complete listing of topics and speakers, please see page 7.

Space is limited to 60 participants. Call 920-322-3630 to reserve your seat!

Friday, April 10; 10 a.m. to 11:30 a.m.

Understanding the Legal and Financial Aspects of Aging

Frank Endejan, Attorney

Topic: Legal Planning for Health & Finance

Jan Gove, Funeral Director Uecker-Witt Funeral Home

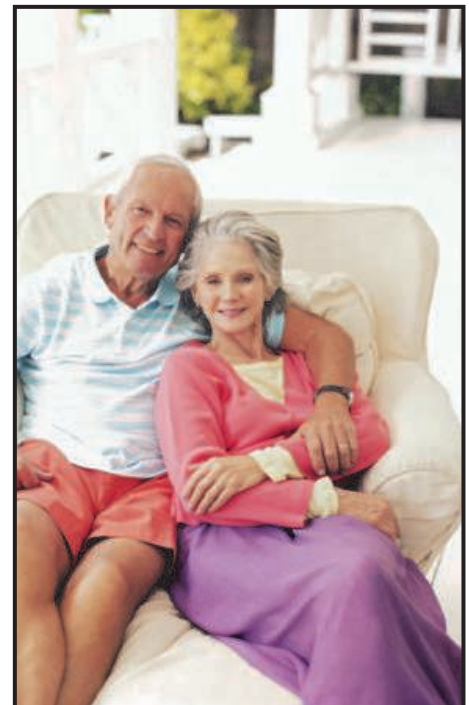
Topic: Funeral Planning: Costs & Preplanning

Deb Winterhack, Generations Home Care & Hospice

Topic: Understanding Five Wishes

9:00-10:00 Free Health Screenings

- Blood Pressure
- Blood Sugar (fast required)
- Hearing



Senior Wellness
Coalition

Call (920) 322-3630 by April 3
to reserve your seat!

WELCOME TO THE FOND DU LAC SENIOR CENTER



A Free Monthly Publication
Vol. 6 • No. 3

What's Inside

Welcome to the Senior Center	2
Brat Fry	3
Happy Travelers	4
Friends Board of Directors	5
Easter Eggstravaganza	6
Finding Your Way Home	7
Programs	8
Movie	9
Recreation.....	10
Art & Recreation.....	11
Red Hat Honeys / Craft Shoppe.....	12
Programs	13
Health & Wellness	14, 15
Services	16
MPTC Classes	17, 18
Membership Application	19
Volunteer Opportunities	20, 21, 22
Announcements.....	23



Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone.....(920)322-3630

Email cloomans@fdl.wi.gov

Hours..... M-F 8:00 a.m.- 4:30 p.m.

The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities. Visit us online at www.fdlSeniorCenter.com Facebook.com/FondDuLacSeniorCenter

Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Center.



Welcome Cathy Loomans

Hi Everyone! Let me introduce myself – I'm Cathy Loomans and I am so happy to be on board as your new Senior Center Director. I'm typing this in early February so I have only been here for a few days, but it has been so exciting for me to see all of the people and activities that go on at your Center each day!



Growing up I had a very special relationship with my Grandparents which has fostered in me a love of working with Seniors. For several years, I worked for a company in the Fox Valley that provided a variety of services for the Senior community and most recently I was the Director of the Ripon Senior Center. I am now digging in and learning everything I can about the wonderful Center here in Fond du Lac.

Because there are so many active members here at the Center, I was really excited to see that **March 9-13 is going to be "Meet and Greet Week"** here at the Center. During this week, we will have name badges available at the front desk for people to wear to help me put your names with your faces. I would also welcome you to stop in and visit with me anytime!

Before I close, I would like to thank everyone for making me feel so welcome here. It has been a wonderful first few days and I look forward to many more!



Join Us for a Little St. Patrick's Day Fun!

Tuesday, March 17
Stop in between 12:30–1:00 p.m.

Put on your green and show us your Irish side! Enjoy a green mint ice cream cone in our lobby and register for a great door prize!

BRAT FRY

BRAT FRY WORKERS WANTED!

We need LOTS of volunteers—about 100—for this annual fundraiser at Piggly Wiggly. If you're willing to help serve or grill, please call Vickie Michels at 922-6126 or the Senior Center at 322-3630. Please check your calendar to see if you can help with a 3 hour shift on one of the following dates:

2015 Brat Fry Schedule at Piggly Wiggly

1st Weekend

Friday, May 1

Saturday, May 2

Sunday, May 3

2nd Weekend

Friday, May 8

Saturday, May 9

Newsletter Crew

Editor..... Cathy Loomans
Coordinator.....Joan Brezinsky
Contributor.....Jean Holzman
Mail Crew.....20+ volunteers!

Newsletter Deadline

The deadline to submit something for the April *Among Friends* newsletter is Monday, March 2, 2015. Please submit information to Joan Brezinsky.

Up-to-Date Information

Tune in to KFIZ-AM 1450 Monday mornings from 9:10-9:25 a.m. for the Senior Center update.

Cathy Loomans, Senior Center Director, is the guest of Wade Bates on his *After Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.



Sponsored by Smith & Hatch Insurance.

3



SeekAndFind.com

is **NEW** and **IMPROVED**

Now it's even easier to shop these advertisers.

Show them your support!



Taste How Much We Care.™

5% Senior Discount

3 Great Fond du Lac Locations to Serve You

969 E. Johnson St.
(next to Festival Foods)

W6606 Hwy 23W
(across from Menards)

81 W. Pioneer Rd
(next to Pick 'N Save South)

ROSE Bertram, LLC
The Fond du Lac Area
Retirement Planning & Investment Resources

Call now for a
complimentary consultation
920-922-9720

Securities and Advisory Services offered through Woodbury Financial Services, Inc. Member FINRA, SIPC
Rose Bertram, LLC and Woodbury Financial Services, Inc. are not affiliated entities.

Langholff
CHIROPRACTIC & WELLNESS

Accepting New Patients

Same Day Appointments

922-9229

73 E. 1st Street

langholffchiropractic.
chiroweb.com

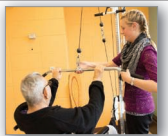


Harbor Haven
Health & Rehabilitation

- Short-term Rehab Services
- Medicare Certified
- Alzheimer's Care
- Hospice Care
- Long-term Skilled Nursing Care

459 E. First Street, Fond du Lac • 920-906-4785

Serving the Community for Nearly 40 Years!



Hearing Evaluations • Hearing Aids & Batteries • Assistive Listening Devices

We welcome all patients of Greg Wiersma & Audiology Center of Fond du Lac



Call (920) 332-4146 Now
For Your Appointment



www.fonddulachearingaids.com

481 E. Division Street, Suite 900 • Fond du Lac

Knights of Columbus Hall

OPEN TO THE PUBLIC



- Friday Fish Fry
- Wedding Receptions
- Banquets & Dinner Meetings

795 Fond du Lac Avenue

Phone (920) 921-1290

Web www.kchallfdl.com

HELP PROTECT YOUR FAMILY

CALL NOW!
1-888-891-6806



HOME SECURITY TEAM



Your Caring Community features ...

Advanced health care

Multiple living options

True community

Experience true community today.

Call (920) 921-9520 to meet with our team.



Lutheran Homes & Health Services
living long. living well.

www.lutheranhomesfonddulac.org

HAPPY TRAVELERS

Mary Schneider, Travel Coordinator

Call 322-3635

UPCOMING TRIPS

Friends membership is required to travel with the Happy Travelers. Membership is \$10 for a single and \$15 for a couple.

Janesville Rotary Gardens, K&W Greenery

Wednesday, May 20

7:30 a.m.—7:30 p.m.

Lunch and Show —Rosewood, Delevan



Stroll through 20-acres of beautiful gardens including Japanese, Scottish, French Formal, Italian and English Cottage Gardens. Less

formally-structured gardens including Fern and Moss, Shade, Prairie and Woodland Gardens. Enjoy lunch and “Classic Hit Parade”, a live show featuring unforgettable rock, pop, and country music at Rosewood in Delevan. Before heading home, we’ll stop at K&W Greenery nursery where you can pick something up for your own gardens.



\$80

WISCONSIN MARITIME MUSEUM

Wednesday, April 15

8:00 a.m.—5:00 p.m.



Explore one of the nation’s largest collections of Great Lakes maritime history, original artifacts and nautical archeology. Climb aboard the World War II fleet submarine USS Cobia where you'll see the torpedo rooms, wardroom, crew's quarters, engine rooms and much more.

In addition, we will tour the Kohler Design Center, stop at the Honey Pot Gift Shop and eat lunch at the Courthouse Pub.

New lower price: \$ 56—lunch included

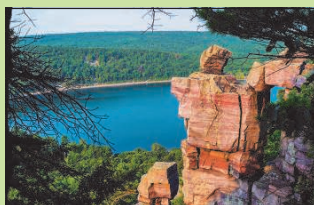


Hiking Devil’s Lake, Wisconsin Dells Upper Dells Boat Ride

Wednesday, June 3

8:00 a.m.—7:00 p.m.

Lunch—Buffalo Bill’s

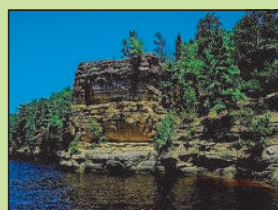


Explore beautiful Devil’s Lake while hiking its scenic trails or simply sit and enjoy it’s scenic beauty.

Then relax on a 2-hr Upper Dells boat ride on the

Wisconsin River amongst the unique bluffs, grottos and other sandstone formations formed by glaciers thousands of years ago.

\$75



GUYS ON ICE

Thursday, June 18

Fireside Theatre, Fort Atkinson, WI

8:30 a.m.—6:00 p.m.

Lunch included

GUYS ON ICE spends a day in the life of Marvin and Lloyd - fishing buddies and home grown philosophers. How this Wisconsin favorite gets the full Fireside treatment will keep you laughing from start to finish. Don't miss this side-splitting musical comedy, guaranteed to thaw out your funny bone with songs like "The Wishing Hole," "Ode to the Snowmobile Suit," "Fish is a Miracle Food," and "The One That Got Away."



\$95

FRIENDS BOARD OF DIRECTORS

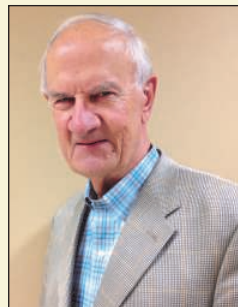
The Friends Annual Meeting was held on January 30 and five new Friends Board of Directors members were elected. Robert Katzfey, Maury Shultz, Wally Seibel, Judi Walters and Mary Weber will join Joanne Bunkelman, Mary Kind, Vickie Michels and Charlotte Nelson on our 2015 Friends Board of Directors.



Robert Katzfey



Judi Walters



Maury Shultz



Mary Weber



Wally Seibel

Thank You!

Thank you to our outgoing 2013-14 Friends Board of Directors members for your time and service to the Senior Center:

- Kate Barr
- Susanne Dennis
- Jerry Gordon
- Irv Pea
- Ruth Smith

As part of Dottie's retirement party, we held a Chocolate Chip Cookie contest. We had 8 delicious cookies entered in the contest. After much deliberation, crumbs, and oohs and aahs, Georgie Smet's cookies came out on top!

Georgie's Chocolate Chip Cookies

Georgie Smet

- 2 cups flour**
- $\frac{3}{4}$ teaspoon baking soda**
- $\frac{1}{2}$ teaspoon salt**
- $\frac{3}{4}$ cup butter**
- 1 cup brown sugar**
- $\frac{1}{2}$ cup white sugar**
- 1 egg**
- 1 egg yolk**
- 1 teaspoon vanilla**
- 1 teaspoon vinegar**
- Chocolate chips & nuts (personal preference)**



Sift together flour, baking soda, and salt. In separate bowl, mix together butter, brown sugar, and white sugar.

Mix egg, egg yolk, vanilla and vinegar and add to butter-sugar mixture. Add flour mixture, chocolate chips and nuts.

INTERGENERATIONAL PROGRAM

Easter Eggstravaganza

Thursday, April 2
3:30—4:30 p.m.

Seniors are invited to celebrate Easter fun with their grandchildren or other special youngsters. There will be an Easter egg hunt, fun Easter craft, snack and a visit from the Easter Bunny! What a great way to spend time with that special little somebunny! **YOU MUST REGISTER FOR THIS EVENT** by calling 322-3630. There is no cost to attend, but space is limited. Register early!

BRING THE KIDS!



Finding Your Way Home

Who will be your voice if a financial, emotional, legal or medical crisis hits?

Meet the many faces and levels of health care at this monthly **FREE*** workshop. Be prepared for the aging process and know the resources available to help you stay independent. Limit 60 participants.

Call **(920) 322-3630** by **April 3, 2015** to reserve your seat!

Friday, April 10 @ 10 a.m. to 11:30 a.m.

Understanding the Legal and Financial Aspects of Aging

Frank Endejan, Attorney

Topic: Legal Planning for Health & Finance

Jan Gove, Funeral Director Uecker Witt Funeral Home

Topic: Funeral Planning: Costs & Preplanning

Deb Winterhack, Generations Home Care & Hospice

Topic: Understanding Five Wishes

Friday, May 8 @ 10 a.m. to 11:30 a.m.

Navigating through the ADRC & City/County Programs

Sandy Tryon, Fond du Lac County ADRC

Topic: Navigating the Aging & Disability Resource Center

Tricia Bonlander, Provider Network Specialist, Lakeland Care District

Topic: Navigating & Understanding Family Care

Rick Patten, Department of Veteran Services

Topic: Navigating V.A. Benefits

Julie Hilbert, Benefits Specialist, Fond du Lac County Senior Services

Topic: Insurance after Medicare

Friday, June 12 @ 10 a.m. to 11:30 a.m.

How Can I Stay in My Own Home?

Tammy Dickman, Above & Beyond Home Care Solutions;

Donna Yellen, Comfort Keepers

Topic: What is Non-Skilled Home Care?

Deb Winterhack, Generations Home Care & Hospice; Joscelyn Deanovich, Rehab Arices

Topic: What are Medical Home Care Options?

Kathy Kempf, Agnesian Adult Day

Topic: Adult Day Services

Bluestone Group

Topic: Visiting Physicians

TBD

Topic: Durable Medical Equipment

Lori Anderson, Fond du Lac County Senior Services

Topic: Senior Services & Meals on Wheels

Friday, July 10 @ 10 a.m. to 11:30 a.m.

When Home is No Longer an Option

Ann Calnin, Residential Services, Inc.

Topic: What is Assisted Living?

Jan Padron, ManorCare; Jaime Roth, All About Life

Topic: What is Skilled Nursing & Rehabilitation, How do I pay for it?

Friday, August 14 @ 10 a.m. to 11:30 a.m.

Who will Be my Voice?

Deb Winterhack, Generations Home Health & Hospice; Bryan Johnson, Heartland Hospice

Topic: Understanding End of Life Choices: The role of hospice & passing the torch



*Participants must attend all sessions, lunch will be provided



**Senior Wellness
Coalition**

PROGRAMS



Meet & Greet Week at the Senior Center March 9–13

We want to get to know you! Because we have new staff and so many active members here at the Senior Center, **March 9-13 will be Meet and Greet Week.** During this week, we will have name badges available at the front desk for people to wear to help staff put names with faces.



Volunteer Appreciation Day

Friday, April 17

Stop in anytime between 11:00 and 2:00

Volunteers are the heart and soul of our Senior Center. To honor you, please stop by on Friday, April 17 (Volunteer Appreciation Day) for pie, ice cream, coffee or punch. Relax and chat with the Senior Center staff and Friends board members.

All Senior Center volunteers are invited!

JEFF KEMP INVESTMENT WORKSHOP

**Mondays: 3:00 – 4:30 p.m.
March 2–April 13**

Are you interested in making wiser and more informed decisions with investments?



The Fond du Lac community has a unique opportunity to get non-biased information on personal investing. Jeff Kemp, a financial educator and recipient of the 2013 Governor's Award for Financial Literacy, will conduct an Investment Workshop at the Senior Center. Jeff has been

coming to the Fond du Lac Senior Center to teach this workshop for 14 years, adapting it to current financial times. Jeff teaches personal finance classes at UW-Oshkosh and Senior Centers in Oshkosh, Appleton, and Manitowoc, and offers his financial expertise free of charge as a community service. All information presented is non-biased. The course is designed to provide the fundamental investment basics needed to make more informed financial decisions.

All ages and all levels of investors are encouraged to attend. The classes are **FREE** and open to the public. You do not need to attend all seven sessions – attend as few or as many as you like. If you have not done much saving or investing for your future or you would like to learn how to be your own financial manager, these classes are for you!

Topics include:

- WEEK 1: Investing in the stock market via mutual funds**
- WEEK 2: Investing in the stock market via mutual funds, Pt 2**
- WEEK 3: Bond investing**
- WEEK 4: Understanding what economic forces move markets**
- WEEK 5: Building a sound asset allocation**
- WEEK 6: Taxes and investing; exchange traded funds**
- WEEK 7: Conclusion**

You need not attend all sessions - attend as few or many as you like. For planning purposes, registration is requested by calling 322-3630.

MAGAZINE NOTICE!

The magazine racks at the Senior Center are managed by a volunteer. Please give all donated magazines to the receptionist—do NOT put them directly on the rack. Please make sure magazines are in good condition, and are recent. News magazines should not be more than a couple weeks old.

MOVIE OF THE MONTH



"The Hundred-Foot Journey"

**Two showings: Wednesday, March 11
Thursday, March 26**

11:45 a.m. Lunch (optional)

March 11 Menu: Beef stew, three bean salad, coconut cream pie, seedless grapes, cheddar biscuit

March 26 Menu: Meatloaf, cheesy potatoes, mixed vegetables, Alexander torte, petite banana, roll

12:30 p.m. Movie: "The Hundred-Foot Journey"

2014 movie; Comedy/Drama; 2 hr 2 mins; PG; Starring: Helen Mirren, Om Puri, Manish Dayal

The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred eatery. Her icy protests against the new Indian restaurant a hundred feet from her own escalate to all out war between the two establishments. The movie is a portrayal of two worlds colliding and one boy's drive to find the comfort of home, in every pot, wherever he may be.

Register for lunch and movie separately. Call Senior Services at 929-3937 before 1 p.m. on the day before the lunch will be served. Call the Senior Center at 322-3630 to register for the movie. The movie is free and open to the public. Free popcorn and refreshments will be served. *If you register to attend but are unable to come, please call to let us know.*

Special thanks to Family Video, 32 E. Johnson Street, for generously allowing the Senior Center free movie rentals.

9

Southlake and Ashbury Senior Living

~Heat and Water is Included~
~Ask about our Specials~
Call **(920) 948-3313**



Professionally managed by Premier Real Estate

JACK TWOHIG'S CARPET ONE

600 Fond du Lac Ave.
Fond du Lac
(920) 921-8940
www.jacktwohigcarpetone.com

St. Charles Cemetery

A Peaceful Country Place
on the Ledge

W4287 Golf Course Drive
Fond du Lac, WI 54937
921-4381 or 921-0580

NEW

SeekAndFind.com

is **NEW** and **IMPROVED**

Now it's
even easier
to shop these
advertisers.

Show them
your support!



We've moved indoors!

90 S. Main Street

Downtown Fond du Lac

Every Saturday 9 a.m. - 12:30 p.m.

Fresh Produce • Baked Goods • Meat • Coffee • Crafts
www.downtownfdl.com • 920.322.2006

People are looking
for your business.



Help them find it
by **advertising here.**

Contact Tom Schmanski to place an ad today!
TSchmanski@4LPi.com or (800) 950-9952 x2537



Christopher S. McFarlane DDS
Mark J. Ridenour DDS

Services provided:
Dental Implants
Wisdom Tooth Removal
IV Sedation • Tooth Removal

NEW PATIENTS WELCOME

155 N. Rolling Meadows Drive
Fond du Lac, WI 54937
(920) 921-5001

www.omswinnabago.com

Shepherd LAW OFFICES

Philip A. Shepherd
Wills, Trusts &
Powers of Attorney
920-933-3600



Residential Services, Inc.

Affordable housing for older adults

WE PROVIDE:

- 24-hour supervision • Caring & trained staff
- Community & home activities • Family-oriented home setting
- Home-cooked meals • And more...

LINCOLN HOUSE: 342 Forest Ave. • **FRANKLIN HOUSE:** 349 W. 11th St.
call **922-7072**

Serving the people of Fond du Lac for over 38 years



Celebrating a Tradition of Service
Prompt, Free Delivery

- We Bill All Types of Insurance
- Weekly & Monthly Drug Packaging Available
- We Will Pick Up Prescriptions
- We Deliver Anything We Sell
- All Medicare Part D Plans
- Carrying Wisconsin's Best Candies

Mon-Fri 9am-6pm • Saturday 9am-1pm
920-921-2550 • 9 N. MAIN ST. • FOND DU LAC

MEMORY CARE EXPERTS

AZURA
MEMORY CARE

Transforming the culture of care.

Offering Respite Care \$100
per day, from 3-28 days.

2220 Brookview Ct. • Oshkosh

www.azuramemory.com

(920) 426-9900



FOR AD INFO CALL TOM SCHMANSKI **1-800-950-9952 • www.4LPi.com**

Friends of Fond du Lac Senior Center

B 4C 01-1122
02-10-2015 15:27:15

RECREATION

Call 322-3630 for more information about any of these activities. New members are always welcome!

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION and is not required for participation.

ART CLASSES

Tuesday AM & PM See page 11

BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday (odd months): TBA

1st Tuesday (even months): ManorCare

2nd Tuesday (even months): Comfort Keepers

2nd Tuesday (odd months): Azura Memory Care

3rd Tuesday (odd months): ResCare HomeCare

3rd Tuesday (even months): Lake View Place

4th Tuesday (odd months): TBA

4th Tuesday (even months): TBA

5th Tuesday: TBA

BOOK CLUB

3rd Monday at 9:30 a.m.

Mar. 16 *The Story Keeper*

by Lisa Wingate

April 20 *The Lemon Orchard*

by Luanne Rice

Book synopses available at front desk. New members welcome.

BRIDGE

\$1 donation

Tuesdays: 12:30 p.m.

For information or to play, call Arlene Love at 922-5668.

Thursdays: 10:00 Beginners

(subs needed)

Thursdays: 12:30 p.m. Advanced

CANASTA

1st & 3rd Wednesdays at 12:00 p.m.

CHORUS

Red Hat Honeys & Singing Classes

COIN CLUB

2nd Tuesday at 6:30 p.m.

DANCES

\$3.00 fee

Wednesdays at 7:30–10:00 p.m.

Call Bob Luebke 920-238-7386 for info.

GERMAN CLUB

Mondays at 1:00 p.m.

HAND & FOOT (Card Game)

Wednesdays at Noon

HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

JOURNALING

4th Thursday at 10 a.m.

MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

POKER

Mondays at 1:00 p.m.

POOL

Open Pool daily

Leagues

8-Ball Tuesdays 8:30 a.m.—12:30 p.m.

9-Ball Wednesdays 8:30 a.m.—12:30 p.m.

QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitchers Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.

RED HAT HONEYS

Various activities include Chorus, Good Deed Gals, Umbrella Brigade, Scrapbookers, and more. The cost is \$5 annual dues; a free newsletter telling of chapter activities is available at the front desk for anyone to pick up. Just ask for it!

ROMEOS

All men are welcome to join the "Retired Old Men Eating Out" for lunch...

You don't have to be retired (or old) to join in on the camaraderie and fun!

Thursday, March 5

Faros

Call the Center to pre-register!

SCAMP

(Senior Center Band)

Wednesdays at 8:30 a.m.

SCRABBLE

2nd & 4th Monday at 10:00 a.m.

SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

Char-tastic Crafters

1st & 3rd Thursday from 6–8 p.m.

SHEEPSHEAD

\$1.50

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

SKAT

Tuesdays at 9:00 a.m.

SUPPER CLUB

Dutch Treat. Everyone welcome!

You MUST call the Senior Center if attending.

Friday, March 20

Schmitt's Bar & Grill

Social: 5:00 p.m.; Dinner: 5:30 p.m.

TOPS (Take Off Pounds Sensibly)

Chapter #1159

Mondays at 4:00 p.m.

Chapter #0566

Thursdays at 6:00 p.m.

Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 1:45 p.m.

League Play (September–April)

Subs also needed for league play

WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

Other Tuesdays from 6:00–8:00 p.m.

Workshop meetings at Horace Mann High School, North Fond du Lac.

Call Dave Jackson at 923-5233 for more info.

WOODCARVERS GROUP

Mondays at 9:00 a.m.

WRITERS GROUP

Fridays at 1:00 p.m.

The Memories Writers meet to share and preserve life experiences and family history.

New members welcome!

ART & RECREATION

ARTIST OF THE MONTH

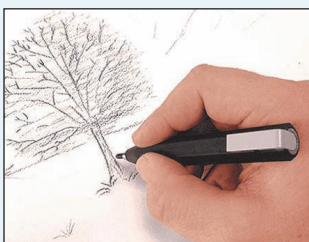
March: Cindy Neitzel

An "Artist of the Month" is being featured in the east lobby at the Senior Center. One artist a month displays a work of art, along with an Artist Statement and bio. Check out the talent we have here!

BASIC DRAWING AND WATERCOLOR TECHNIQUES FOR BEGINNERS

Instructor: Mary Ann Pahnke

4 week course, \$21



This course is for people who want to learn the basic principles of drawing and to explore the fundamental techniques of watercolor. Guided weekly instruction and applied lessons will

include principles of composition, elements of design, perspective, value, and color application.

Emphasis will be on drawing and painting of the figure/ portrait, landscape, and still-life. Skill development along with making the learning process enjoyable will be the goals of these classes.



Call the Senior Center for dates.

Mark your calendars for these upcoming

SCRAPBOOK CROPS

Saturday, March 28; 9 a.m.—9 p.m.

Saturday, May 16; 9 a.m.—9 p.m.

For details on these upcoming scrapbook crops or to register, call Colette Jaeger at 920-602-2486.

Saturday, July 18; 9 a.m.—9 p.m.

Saturday, October 31; 9 a.m.—9 p.m.

For details on these upcoming scrapbook crops or to register, call Kim Wagner at 920-517-1108.



ART & RECREATION CLASSES

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Weeks	Cost
Acrylic & Oil Painting March 10, 17, 24, 31	Tues	10—noon	4	\$16
Drawing & Watercolor February 3, 10, 24, March 3; March 10, 17, 24, 31	Tues	1-3 p.m.	4	\$16
Mixed Media March 10, 17, 24, 31	Tues	3-4:30 p.m.	4	\$16
Open Sewing Lab Watch newsletter for next session coming spring of 2015	Wed	3:30—6:30 pm	5	\$15
Country Line Dancing March 5, 12, 19, 26; April 2, 9, 16, 23	Thurs	6—7:30 pm	4	\$10
Beg. Country Line Dancing March 7, 14, 21; April 4, 11, 18	Sat	10-11:30 am	3	\$7.50
Singing April 7, 14, 21, 28, May 5, 12	Tues	10-11 a.m.	6	\$25

CARD MAKING CLASS

with Jana Secord

2nd Tuesday of each month

Next class: **Tuesday, March 10**

3 sessions to choose from:

3:15—4:45 p.m., 5:15—6:45 p.m., or 7—8:30 p.m.

NOTE: We will be meeting in the **MAIN ACTIVITY ROOM.**



It's the last month of Saleabration!

Join us for a new technique and some SPRING inspiration. No experience necessary.

Make three beautiful cards for \$6—or cards and class are FREE if you place a minimum \$15 product order towards making your own cards! Please bring adhesive and scissors to class. To register, contact Jana at 920-979-5262 before March 9. Early reservations are appreciated.



RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

The Senior Center chapter of the Red Hat Honeys is open to all ladies 50 and older. Annual membership dues are \$5, plus your Friends membership.



~ Chillin' with my peeps ~

Easter Party & Peeps Decorating Party
Monday, March 23 at 12 noon
Fond du Lac Pizza Ranch

We will have a Peeps decorating contest. Use any kind of Peeps marshmallows. Three winners will be picked. Need ideas? Google "International Peeps Exhibition."

12

THIS 'n THAT

Craft & Gift Shoppe

OPEN TO THE PUBLIC Monday—Friday 9 a.m.—4 p.m.
Or by appointment evenings & weekends!

ATTENTION CRAFT SHOPPE CONSIGNERS:

Please consign no more than **eight (8)** items per month until further notice.

Special orders or other exceptions, please call Pat at 322-3638.

FOR RENT – ELDERLY HOUSING

**One Bedroom Units • Rent based on Income
No Asset Limitations**

Westnor Apartments at 653 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Fond du Lac County Nutrition Program meal site 5 days a week
- Nursing services available to residents free one day a week
- All utilities included in rent, Free on site parking
- Close to Forest Mall, etc. On City bus route

Grand Court Apartments at 630 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free one day a week
- All utilities included in rent except electricity, Free on site parking
- Close to Forest Mall, etc. On City bus route

Heather Meadows Apartments at 235 Winnebago Street, N Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free twice a month
- All utilities paid except electricity
- Free on site parking

Rosalind Apartments at 15 North Marr Street, Fond du Lac

- Must be near elderly, elderly (50+) or disabled
- Air conditioned hallways and Community Room
- Large TV for resident use in Community Room
- Nursing services available to residents free one day a week
- All utilities included in rent
- Close to downtown, hospital, clinics, churches; on City bus route

For more information call: **Fond du Lac Housing Authority**
929-3107 extension 102 • Monday – Friday 8:00 AM – 4:30 PM

NORTHGATE SENIOR APARTMENTS

350 Winnebago St., North Fond Du Lac
CALL RHONDA AT (920) 929-9270

An Independent Living Community For 55+

-Certain Income Guidelines Apply-

1 and 2 Bedroom
Apartments Available

MANAGED BY PROFESSIONAL PROPERTY MANAGEMENT



All Utilities Included (Except Electric)
Heated Underground Parking,
Senior Dining, Bingo & More



~ GENERAL CONTRACTOR ~
~ CONSTRUCTION MANAGEMENT ~
~ DESIGN/BUILD ~

www.capellediedrich.com

~(920) 921 7830~



Comforting Solutions for In-Home Care

920-922-1779

485 S. Military Rd. Ste 7, Fond du Lac

WWW.COMFORTKEEPERS.COM

PORTLAND SQUARE APARTMENTS

NOW RENTING

LARGE ONE BEDROOM
APARTMENTS FOR SENIOR
AND DISABLED

Rent is 30% of your
monthly adjusted income.
Convenient, Secure Location,
Professional Management
Home to Fond du Lac County
Senior Meal Site
Social Service Coordinator

Call Today
920-922-2562



55 North Portland St.
Fond du Lac, WI



HOUSE CALLS ARE OUR SPECIALTY!

- Personal Care - Short or Long Term
- Homemaker Services - Short or Long Term
- Respite Care
- Companionship

Because we care
Help is on the way

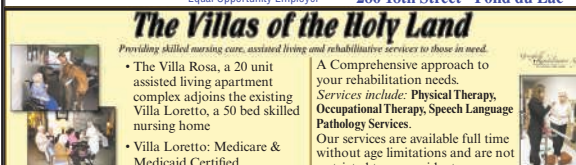


OF FOND DU LAC COUNTY

923-1155

Equal Opportunity Employer

286 18th Street • Fond du Lac



The Villas of the Holy Land

Providing skilled nursing care, assisted living and rehabilitative services to those in need.

- The Villa Rosa, a 20 unit assisted living apartment complex adjoins the existing Villa Loretto, a 50 bed skilled nursing home
- Villa Loretto: Medicare & Medicaid Certified

A Comprehensive approach to your rehabilitation needs.
Services include: Physical Therapy, Occupational Therapy, Speech Language Pathology Services.
Our services are available full time without age limitations and are not restricted to our residents.

Villa Loretto Nursing Home
N8114 Cty. WW, Mt. Calvary, WI 53057
(920) 753-3211 • Fax (920) 753-3100
Administrator: Sandra Randall

Villa Rosa Assisted Living
N8120 Cty. WW, Mt. Calvary, WI 53057
(920) 753-3015 • Fax (920) 753-2580
Manager: Brenda Gudek, LPN



Liturgical Publications Inc.
Connecting Your Community

FOR AD INFO CALL TOM SCHMANSKI 1-800-950-9952 • www.4LPi.com

Friends of Fond du Lac Senior Center

C 4C 01-1122
02-10-2015 15:27:15

PROGRAMS



Come play **SCRABBLE**

April 13 and 27
10:00–12:00 noon

We'll be playing Scrabble every 2nd and 4th Monday of the month starting in April. Come join us, bring your friends or meet new friends!

If you have a Scrabble board, bring it along!

GROUP DISCUSSION WITH ANDREA

"Too Much Free Time: Exploring New Interests"
Tuesday, March 17; 3:00-4:00 p.m.



Join Andrea Mitchell, Senior Center counselor, for a group discussion *"Too Much Free Time: Explore New Interests"*.

Do you find yourself feeling bored or restless? Perhaps you have too much free time and could benefit from finding new interests. Come to this month's discussion group to find out about opportunities for new activities that could increase the quality of your life.

For more information or to register for this group discussion, call 322-3630.

*Special thanks to Lutheran Social Services
for this partnership!*

SENIOR DINING

The Fond du Lac Senior Dining Group invites all men & women aged 55 and older to join them on **Tuesday nights**. The group meets weekly for dining, with cocktails beginning at 5:30 p.m. and dinner at 6:30 p.m.

Mar. 3 Sebastian's
Mar. 10 Schreiner's
Mar. 17 Gino's
Mar. 24 Blanck's Lake Aire
Mar. 31 Coliseum



**A GREAT OPPORTUNITY TO SOCIALIZE
& MEET NEW FRIENDS!**

For information, please call Max at 920-269-4180.

Spring Fling!

Thursday, April 9; 12:30 p.m.
Featuring music by Jess Ellison

Come celebrate spring and sing along with the music of Jess Ellison. Refreshments will be served.

Come join the fun!



When I'm 65

Wednesday, March 25; 1:30 p.m.

*Julie Hilbert, Benefit Specialist,
FDL County Dept. of Senior Services*

Are you nearing the age of retirement and wondering what impact turning 65 will have on you? Learn the various parts of Social Security and Medicare, what choices you need to make when you become eligible, and what the timelines are for those choices. This program is not just for those turning 65—but for anyone who has benefit concerns and questions.



To register, call the Senior Center
322-3630

HEALTH & WELLNESS



Exercise Classes

LOW IMPACT CHAIR EXERCISE

With Jaime Roth

Mondays 9:00 – 9:30 a.m.

Sponsored by

All About Life Rehabilitation Center

Men and Women Welcome!

These exercises are similar to those in the *Stepping On* classes and will help

to reduce your risk of falling.

CHAIR EXERCISE VIDEO

Wednesdays 10:15 — 10:45 a.m. (during tax time)

Sponsored by **Lutheran Homes and Health Services**

TAI CHI

Looking for a new exercise? Consider joining this happy group for the next eight week session which will begin on March 10 and end on April 28. Classes meet



Tuesday mornings from 9—10 a.m. The cost is \$45 for eight weeks. Participants should wear loose, comfortable clothing and tennis shoes. Friends membership is required. For more information, please call 322-3630.



Too Much Free Time: Exploring New Interests Tuesday, March 17; 3 p.m.

Do you find yourself feeling bored or restless? Perhaps you have too much free time and could benefit from finding new interests. Come to this month's discussion group to find out about opportunities for new

activities that could increase the quality of your life. Call 322-3630 to sign up for this workshop

OTHER EXERCISE

Hikers Tuesday & Thursday, 10 a.m.

Line Dancing....Thursdays 6—7:30 p.m.; \$10/ 4 weeks

Beginning Line Dance...Saturdays; 10—11:30 a.m.; \$7.50/ 3 weeks

Beginning Dance.....Mondays; 7 p.m. \$5/session

Water Exercise Daily 8 a.m. at the Aquatic Center \$3.75 per session

Zumba Gold.....Moved to another location. Call Kirsten at 920-606-9078 for information.

HEALTH SERVICES

BLOOD PRESSURE TESTING

Sponsored by: Generations Home Care & Hospice Inc.

Friday, March 13; 9—10 a.m. 2nd Friday of the month

No appointment needed. Donations accepted.

BLOOD SUGAR TESTING

Sponsored by: Lutheran Homes & Health Services

Friday, March 13; 9—10 a.m. 2nd Friday of the month

No appointment needed. Donations accepted. 12-hour fast required.

CHOLESTEROL SCREENING

Sponsored by Consultants Lab of Agnesian HealthCare

Lipid Panel + Glucose screening

Tuesday, May 12; from 8:30—11 a.m.

2nd Tuesday in May & November

Cost: \$25; Call 322-3630 for appointment. 12-hour fast required

FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department; **Cost: \$25**

Thursday, March 12, 19, 26

HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

Friday, April 10; from 8:30—10 a.m.

FREE Hearing Screenings and FREE Hearing Aid Cleanings
Call 322-3630 for appointment. Donations accepted.

MASSAGE, REFLEXOLOGY, IRIS, LASER THERAPY

Renee Waters, Certified Massage Therapist & Naturopath;
Owner of Country Doctor

Tuesday, March 24; 10 a.m.—2 p.m.

Usually 4th Tuesday of the month

Cost: \$20 for 30 minute session; call 322-3630 for appointment.

VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

Tuesday, May 12; from 8:30 — 11 a.m.

2nd Tuesday in May & November

Cost: \$45. Call 322-3630 for appointment.

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUP

Thursday, March 26; 6:30—8:00 p.m. (4th Thursday)

Fond du Lac Senior Center, 151 E. First Street ~ Room 4

DIABETIC SUPPORT GROUPS

Tuesday, March 17; 4:00—5:00 p.m. (3rd Tuesday)

Aurora Health Care Center, 210 American Drive ~ American Room

Tuesday, April 14; 6:00—7:00 p.m.

St. Agnes Hospital, 430 E. Division Street; 5th Floor Meeting Room

GLUTEN FREE SUPPORT GROUP

Tuesday, April 21; 6:30—7:30 p.m.

Speaker: Vickie White, dietician/former health food store owner

Fond du Lac Senior Center, 151 E. First Street

PARKINSON'S SUPPORT GROUP

Monday, March 9; 10:00—11:00 a.m. (2nd Monday)

Aurora Health Care Center, 210 American Drive ~ American Room

PROSTATE CANCER

Tuesday, March 10; 8:30 a.m. (2nd Tuesday of the month)

Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

HEALTH & WELLNESS



Finding Your Way Home

Who will be your voice if a financial, emotional, legal or medical crisis hits? Be prepared for the aging process and learn of the resources available to help you stay independent. **This is a five**

session workshop meeting the second Friday of each month from 10 a.m. to 11:30 a.m. starting on April 10. Health screenings will be available as of 9 a.m. See front cover for details. Space is limited and participants are asked to plan to attend each of the five sessions. A notebook will be provided at the first session and handouts given each month. The program is free to participants. A light lunch will be provided. Sponsored by the Senior Wellness Coalition

LOOK GOOD... FEEL BETTER

**Wednesday, March 11;
10 a.m. to Noon**

The American Cancer Society sponsors "Look Good...Feel Better" programs at the Senior Center. This is a free program created **for women of any age** undergoing cancer treatment to look good and manage treatment and recovery with greater confidence. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies. If you know a lady going through treatment, please tell her about this beneficial program. **Advance registration is required.** Please call the American Cancer Society toll free at 1-800-227-2345.



Breakfast for the Brain

Use it or lose it . . . Improve your brain's health!

Like your muscles, your brain needs regular workouts to stay healthy and fit as you age. Breakfast for the Brain is a fun interactive wellness workshop for active adults like you. Mark your calendar for **Tuesdays and Thursdays from April 21 to May 7; 10 to 11:30 a.m.** The cost is \$15 for the six sessions and the program is limited to the first sixteen seniors to sign up. **Location: Harbor Haven Health & Rehabilitation, 459 E. First St.**

Nan Baumgartner, retired Extension Educator, is the facilitator. Please stop in at the Senior Center to sign up. If you have questions, call 322-3630 and ask for Jean.



Ask A Nurse

Thursday, March 5; 10 a.m.

Darlene Hanke, Registered Nurse with the Fond du Lac County Health Department, will share what services that the Health Department has available to county residents. She will also talk about updated pneumonia vaccines and a variety of other topics

that are of interest to seniors. If you have any questions, please let the wellness coordinator know and she will pass them on. Please call 322-3630 to register for this program.

SENIOR OUTREACH PROGRAM

Reaching Out – Touching Lives

Community Cares

Volunteers will visit **Touchstone Living Center, 300 Winnebago Street, North Fond du Lac on March 24 from 2 to 3 p.m.** Each month volunteers go to a different local nursing home or assisted living facility to visit with residents who have few visitors. New volunteers are paired with an experienced volunteer. **Volunteers can be any age.** If you would like to participate or have questions, call 322-3630. Just an hour makes a difference in the life of a lonely senior. A small gift from the Senior Center is given to each resident we visit.



Senior Outreach Program

Outreach Volunteers will meet on **Thursday, March 5**, at 9 a.m. to submit reports, share concerns and encourage each other. Due to tax season we will meet in Rooms 2 & 3 through April. At 10 a.m. we will be joined by Darlene Hanke, Registered Nurse, from the Fond du Lac County Health Department. She will share a PowerPoint explaining what services are available to county residents and update us on other issues of concern to seniors.

The Senior Outreach Program is funded in part by:
Friends of the Fond du Lac Senior Center
Fond du Lac County Department of Community Programs

SENIOR CENTER SERVICES

- Free computer/Internet access in the lab & lobby for Friends members only
- Information or referrals on many senior citizen related topics
- Car Fit service available by appt.—you can have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating available
- Notary services are available by appointment
- Document shredder available for your use
- Income tax assistance (free) during tax season—**call for appointment**
- Books, magazines, puzzles, videos available to borrow FREE
- Weight scale in Health Room
- Newcomer tour: call for a personal appointment or just stop in
- Magnified reader is available for the visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- This 'n That Craft Shoppe open weekdays 9 a.m.—4 p.m.

**WE
ARE
HERE
— TO —
HELP**

Craft Intake held Tuesdays from 9:30 a.m.—noon. Crafters are welcome to inquire about consignment opportunities.

- FDL County Department of Senior Services Dining Program. Meals are served at Senior Center Monday—Thursday at 11:45 a.m. Reservations for meals are made by calling 929-3937 and **MUST** be made by 1 p.m. the day before you will attend. Menus are available at the front desk. Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Services Benefit Specialist, Julie Hilbert, can be reached at 929-3521.

16

AGNESIAN HEALTH SHOPPE

FOR ALL YOUR HOME MEDICAL AND RESPIRATORY NEEDS.

Exceptional service and care.
Delivery available.
(920) 926-5277 • (800) 732-1313
agnesianhealthshoppe.com

Fond du Lac Memorials

651 Fond du Lac Ave., Fond du Lac, WI 54935
(across from Haentze Floral)
(920) 922-5606 • Toll Free 877-494-9072
kschumacher@nahsi.com
Quality Monument Foundations by Ron Steffes

ADRC AGING & DISABILITY RESOURCE CENTER OF FOND DU LAC COUNTY

*FREE INFORMATION & REFERRAL
*DISABILITY BENEFIT SPECIALIST
*LINKS TO ASSISTANCE FOR GUARDIANSHIPS & PROTECTIVE PLACEMENTS

*OPTIONS COUNSELING AND LONG TERM CARE
*INFORMATION ABOUT ELDER ABUSE/NEGLECT

MONDAY TO FRIDAY 8AM TO 4:30 PM
50 N PORTLAND STREET
FOND DU LAC, WISCONSIN

(920) 929-3466 OR 1-888-435-7335
adrc@fdlco.wi.gov

Now Leasing!

Ages 62+ and/or disabled

- Nice 1 bedroom apartments
- Rent is 30% of monthly adjusted income
- All utilities included • Community Room
- Laundry room on each floor
- 1 pet allowed (size restrictions apply) with pet deposit
- Professional Management • Social Service Coordinator

Convenient Location
101 Western Avenue, Fond du Lac
Call or stop by today! 920-921-7298
www.meglei.com

Does Someone You Love Need Help with Memory Care?

- Gentle Quiet Alzheimer's Support
- Small Community, Safe Residential Neighborhood
- Trained Dementia Care Specialists
- Secure, Furnished Private Rooms
- Extended Stay or Respite Care Available

www.khearts.com
Call to visit or receive information:
920-946-2295

JH CONTROLS

Integrity (in tegra) n. the quality of being of sound moral principle; honesty, sincerity.
www.jhcontrols.com

PERFORMANCE • INTEGRITY

MANCINO'S PIZZA & GRINDERS

GOTTA GRAB A GRINDER!

PIZZA • SANDWICHES • PASTA • SOUP • SALAD

Open Sun-Thur 11am - 9pm
Fri & Sat 11am - 10pm
818 S. Main St.
920-926-9899
www.mancinosfonddulac.com

WE'VE GOT CLASS! REGISTER NOW!



MORAINÉ
PARK
TECHNICAL COLLEGE

The Fond du Lac Senior Center is proud to partner with MPTC to bring you these classes. The classes, set up through Moraine Park Technical College and held at the Senior Center, are taught at a relaxed pace and are open to ALL ages.

HOW TO REGISTER: Register at MPTC in person (use the C-1 Entrance) or by phone at 922-8611. Classes often fill fast—early registration is recommended!

Today, web-savvy seniors are embracing email, blogs and the whole world of information at their fingertips. In fact, people over 60 are the fastest growing segment of computer and internet users. Join them! If you don't know how to use a computer or want to enhance your skills, these classes are for you! There's nothing like the Web for keeping people connected. Don't let the world pass you by!



MPTC BASIC & RECREATIONAL COMPUTER CLASSES

COURSE #	DAY	DATE	DAYS / WEEKS	TIME	TOTAL TIME	INSTRUCTOR	COST (62+)	COST (<62)
----------	-----	------	--------------	------	------------	------------	------------	------------

COMPUTER BASICS 1

***Each student is required to bring a jump drive to class**

103-483-30881	M, T, W	Apr 20, 21, 22, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$35.96
---------------	---------	----------------------	--------	----------------	---------	-----------	--------	---------

Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information. Text book optional.

COMPUTER BASICS 2

***Each student is required to bring a jump drive to class**

103-485-30883	M, T, W	Apr 27, 28, 29, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$35.96
---------------	---------	----------------------	--------	----------------	---------	-----------	--------	---------

Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized. Text book optional.

COMPUTER BASICS 3

***Each student is required to bring a jump drive to class**

103-490-30884	M, T, W	May 4, 5, 6, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$35.96
---------------	---------	-------------------	--------	----------------	---------	-----------	--------	---------

Learn to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics 1 and 2. Text book optional.

COMPUTER BASICS 4

***Each student is required to bring a jump drive to class**

103-491-30885	M, T, W	May 11, 12, 13, 2015	3 days	9:00 a.m.—Noon	9 hours	K. Beaman	\$4.50	\$35.96
---------------	---------	----------------------	--------	----------------	---------	-----------	--------	---------

Explore in-depth concepts of computer software and hardware. This advanced computer basics course builds upon the knowledge and application technique skills learned in Computer Basics for Beginners 1, 2 and 3. Text book optional.

SETTING UP A FACEBOOK PROFILE

103-678-30882	T	Apr 21, 2015	1 day	1:00—5 p.m.	4 hours	K. Kraft	\$20.40	\$25.70
---------------	---	--------------	-------	-------------	---------	----------	---------	---------

Your profile page on Facebook tells the world who you are. It includes information like your background, interests, hobbies, relationships and more. We'll teach you how to fill out your profile to include your favorite things. Students should already have an email account.

MPTC BASIC & RECREATIONAL COMPUTER CLASSES

BASIC MICROSOFT EXCEL


103-453-31019	T, W, R	Apr 28, 29, 30, 2015	3 days	1:00 —4:00 p.m.	9 hours	K. Beaman	\$4.50	\$35.96
---------------	---------	----------------------	--------	-----------------	---------	-----------	--------	---------

Learn electronic spreadsheet software. Focus on planning and creating a spreadsheet and entering text, values, formulas and functions into a worksheet. Create and edit charts, and sort and file data. Use drawing tool bar features. Text book optional.

CONNECTING ON FACEBOOK

103-679-30886	R	May 14, 2015	1 day	8:00 a.m. —Noon	4 hours	A. Mielke	\$20.40	\$25.70
---------------	---	--------------	-------	-----------------	---------	-----------	---------	---------

Now that you have a Facebook account, you will want to connect with your family and friends, upload pictures, understand newsfeeds, and more. We'll teach you how to find friends and share your favorite photos with others.



Fond du Lac Senior Center
Government Organization

Timeline About Photos Reviews More

Like us on Facebook

Keep up-to-date on Senior Center happenings. Like us on Facebook!

18



All About Life Rehabilitation Center

OUR SUCCESS IS A DIRECT RESULT OF YOUR SUCCESS

Serving the Fond du Lac Community with Our Advanced Rehabilitation Unit

And Our Track Record will Prove It!

Our ARU provides a personalized approach to your recovery. That is why patients select our center for their short-stay rehabilitation needs following their pre-planned surgeries.

Our goal is to get you back home safely!

All About Life
REHABILITATION CENTER

115 East Arndt Street
Fond du Lac, WI 54935
920.923.7040
www.allaboutlifeskillednursing.com

Call to schedule a personalized tour of our Advanced Rehabilitation Unit
....helping people live better

NOW LEASING!
50 and Better

- 1 Bedrooms
- Rent based on income
- Utilities Included*
- Small pets welcome*

*some restrictions apply

MABESS MANOR APTS.
(920) 922-2019
Campbellsport, WI. EHO

Annen Brake Service & Auto Repair

230 N Hickory St
Fond du Lac
920-922-0840



Home Care Services
920-933-5550
www.aboveandbeyondcaresolutions.com

JERRY TIGHE ROOFING CO. INC.

922-7246



HOSPICE advantage
Care, Comfort, and Compassion for the Whole Family

920-922-1560 or 1-800-HOSPICE
79 N Pioneer Rd, Fond du Lac
www.hospiceadvantage.com

Twohig
Funeral Home

www.twohigfunerals.com

305 Fond du Lac Ave Fond du Lac 109 W. Main St. Campbellsport

920-921-0960 **920-533-4422**

Cost conscience funeral services from full services to cremation

Robert J. Twohig Casey W. Twohig



GRANCARE REHAB

☒ Private Rooms/ Big Screen TVs
 ☒ Beautiful Interfaith Chapel
☒ Outcome-Focused Rehab ☒ High Caring Staff Ratio
☒ Excellent Food ☒ Live Music Weekly

5-STAR FACILITY
WITH EMPHASIS ON
RETURN TO HOME

920-921-6800

2015 FRIENDS MEMBERSHIP APPLICATION

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year.

Please make check payable to: "FRIENDS, INC."

Fond du Lac Senior Center
151 E. 1st Street
Fond du Lac, Wisconsin 54935

PLEASE PRINT CLEARLY as all information is entered into the computer by a volunteer.

NAME(s) (both, if couple)	
MAILING ADDRESS	
CITY, STATE, ZIP	
PHONE	
BIRTHDATE (optional)	
E-MAIL (absolutely confidential)	
CITY RESIDENT?	<input type="checkbox"/> City of Fond du Lac <input type="checkbox"/> Other:
<input type="checkbox"/> I'D LIKE TO GO GREEN! <i>RATHER THAN U.S. MAIL, PLEASE E-MAIL MY MONTHLY NEWSLETTER TO THE EMAIL ADDRESS ABOVE</i>	

CHOICE OF SUPPORT:

☐ **\$10.00 Single** ☐ **\$15.00 Couple** (Husband and Wife)

Pick up your **FRIENDS PERKS** coupon booklet at the Senior Center.
Value: \$50+ Coupons are good January 1—December 31, 2015
and vary in value. This is a **FREE PERK** for ALL Friends members!

☐ **\$_____ UTILITY DONATION for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board to City Council to help with the cost of utilities at the Senior Center. Thank you to all who helped with donations. Your donation for 2015 is optional but *very much appreciated!*

☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2015 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.

☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2015 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.
PLEASE CHECK: ☐ Yes, you CAN include my name when listing publicity. ☐ No, please do NOT list my name.

TOTAL ENCLOSED (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

FOR OFFICE USE ONLY

DATE PAID _____ CASH _____ CHECK _____ CHECK # _____

☐ NEW 2015 Member ☐ Renewal Receptionist Initials _____

☐ FANATASTIC FRIENDS \$50 ☐ FABULOUS FRIENDS \$100 ☐ UTILITY DONATION: \$_____

☐ Received Among Friends Newsletter ☐ Received Happy Travelers Info ☐ Red Hat Dues also paid

☐ Received Friends Perks Coupon Book

Dear Fond du Lac Senior Center members and volunteers,

I have joined the Fond du Lac Senior Center as the Volunteer Coordinator. Working for and with the staff, members and volunteers has been a joy. Some exciting new developments are in the works. Vicki Wiesner (Co-Volunteer Coordinator), Cathy Loomans, Joan Brezinsky, Pat Heyer and Catherine Halfmann and I have been assessing the volunteer needs of the Senior Center and how best to match those needs with the more than 300 volunteers. One of my goals is to develop a database that lists all volunteers and their current duties as well as areas they are interested in volunteering in the future. After this database is up and running, staff will be able to match their needs with volunteers interested in helping in specific areas in a more efficient manner.



Some of my other goals are to continue to meet staff, Senior Center members and volunteers, develop a new Welcome to the Senior Center Volunteer Orientation, be involved in the Volunteer Appreciation party, encourage current volunteers to complete and turn in their total hours for the month sheets, and be open and present to new ideas.

I am a recent retired social worker and have worked with adults and/or disabled persons most of my career. North Fond du Lac is where I share my home with my husband Bob. We have two adult children and three grandchildren. I love spending time with my family and gardening.

Dona McEssey, Fond du Lac Senior Center Volunteer Coordinator

Please assist us with building our new volunteer database. We are asking each volunteer, or prospective volunteer, to complete the Volunteer Opportunity form on pages 21 and 22 indicating if you are Currently involved in this volunteer task by circling the C; or if you are Interested in a new volunteer opportunity by circling the I next to the task. See the sample below. Please return the Volunteer Opportunity form by April 1, 2015 by email (scan and send to senior@fdl.wi.gov) or drop off at the front desk.

—EXAMPLE OF HOW TO COMPLETE THE VOLUNTEER OPPORTUNITIES FORM ON PAGE 21—

VOLUNTEER OPPORTUNITIES		
<input type="checkbox"/> I am a current Senior Center Volunteer		
PROGRAMS Bingo C I Caller C I Cashier Movies C I Set up/Take down C I Refreshments Intergenerational C I Set up/Take down Presentations/Speakers C I Set up/Take down C I Refreshments	TEACHER/INSTRUCTOR C I Art C I Computers C I Music C I Dance C I Arts & Crafts C I Ceramics C I Other	SPECIAL EVENTS C I Baking C I Cashier C I Clean-up C I Decorating C I Food Preparation C I Set Up/Take down C I Shopping C I Committee Work
CRAFT SHOPPE C I Cashier C I Intake Items C I Data Entry C I Display Design	SERVICES C I Gardening C I General Cleaning C I Kitchen Laundry C I Transportation C I Recycling	OUTREACH C I Visiting homebound seniors C I Telephone Reassurance C I Social Work Community Cares C I Adopt a Facility

In this example, the person filling out the form Currently teaches computers and does telephone reassurance. They are Interested in helping with food preparation.

Circle C if you are currently doing
 Circle I if you are interested in doing

VOLUNTEER OPPORTUNITIES

☐ I am a current Senior Center Volunteer

PROGRAMS Bingo C I Caller C I Cashier Movies C I Set up/Take down C I Refreshments Intergenerational C I Set up/Take down Presentations/Speakers C I Set up/Take down C I Refreshments	TEACHER/INSTRUCTOR C I Art C I Computers C I Music C I Dance C I Arts & Crafts C I Ceramics C I Other	SPECIAL EVENTS C I Baking C I Cashier C I Clean-up C I Decorating C I Food Preparation C I Set Up/Take down C I Shopping C I Committee Work
CRAFT SHOPPE C I Cashier C I Intake Items C I Data Entry C I Display Design	SERVICES C I Gardening C I General Cleaning C I Kitchen Laundry C I Transportation C I Recycling C I Maintain Soda Machine	OUTREACH C I Visiting homebound seniors C I Telephone Reassurance C I Social Work Community Cares C I Adopt a Facility C I Senior Outreach C I Hawaii Armchair Travel
LIGHT MAINTENANCE C I Painting C I Carpentry C I Repairs C I Plumbing	OFFICE WORK C I Receptionist at front desk C I Office Assistant C I Filing C I Signs/Calligraphy C I Bulletin Boards C I Proof Reading C I Writer C I Newsletter Mailing C I Safety Coordinator C I Sunshine C I Volunteer Auditor C I Make phone calls C I Other Computer C I Microsoft Word C I Microsoft Excel C I Microsoft Access C I Microsoft Publisher C I Graphic Arts C I Tech Support C I Data Entry C I Computer Tutoring	COMMUNITY SERVICE C I Tax Aid Assistance C I Soup Drive C I Diaper Drive C I Car Fit C I I have ideas! FUNDRAISING C I Solicit Donations C I Bake for Bake Sales C I Brat Fry C I Griller C I Cashier C I Set up/ Take down C I Committee Work C I I have ideas! HAPPY TRAVELERS C I Office Assistant C I Tour Assistant C I Planning Assistant C I Marketing Assistant C I Publicity Assistant C I Finance Assistant
ENTERTAINMENT C I Vocalist C I Band C I Chorus C I Instrumentalist on: C I Piano C I Guitar C I Other Instrument C I Additional musical talents: C I Additional Talent _____ _____		

If you are currently volunteering for an activity but would like to resign, please let us know.

TIME COMMITMENT AND AVAILABILITY

<input type="checkbox"/> Monday	<input type="checkbox"/> Tuesday	<input type="checkbox"/> Wednesday	<input type="checkbox"/> Thursday	<input type="checkbox"/> Friday
<input type="checkbox"/> Morning	<input type="checkbox"/> Morning	<input type="checkbox"/> Morning	<input type="checkbox"/> Morning	<input type="checkbox"/> Morning
<input type="checkbox"/> Afternoon	<input type="checkbox"/> Afternoon	<input type="checkbox"/> Afternoon	<input type="checkbox"/> Afternoon	<input type="checkbox"/> Afternoon
<input type="checkbox"/> On Occasion	<input type="checkbox"/> On Occasion	<input type="checkbox"/> On Occasion	<input type="checkbox"/> On Occasion	<input type="checkbox"/> On Occasion

Office Use Only:

Application Date: _____ Date Contacted: _____

Volunteer status: ☐ Current Volunteer ☐ Permanently Inactive ☐ Temporarily inactive until _____

FOND DU LAC SENIOR CENTER

Volunteer Registration Form

Name _____

Address _____

City _____ Zip _____

Home Phone _____ Cell Phone _____

Date of Birth Month: _____ Year _____

Are you employed now? _____ If so, where? What are your hours?

Do you have any physical limitations? If so, please explain.

Previous Experience: Volunteer, Paid, or Educational

Activity:	Organization:	Date:
_____	_____	_____
_____	_____	_____
_____	_____	_____

What is your mode of transportation: ☐ Car ☐ Bus ☐ Van Service ☐ Taxi ☐ Friend

Please list two references:

Name First M.I. Last	Name First M.I. Last
Address	Address
City	City
Phone	Phone

In Case of Emergency, please notify:

ANNOUNCEMENTS

TRIAD MEETING

Thursday, March 26

TRIAD meetings are held at the Fond du Lac Senior Center the 4th Thursday of the month (usually) at 1:00 p.m. They're free to attend and open to the public—all ages welcome. Refreshments are served and a door prize is awarded. Check out the new TRIAD bulletin board in the hallway (across from the kitchen) for updated information on senior safety AND to find out when the next meeting will be.

AARP MEETING

Thursday, March 19

**Guest Speakers: Wally & Shirley Reek
State Chapter Representatives**

At the March 19th meeting we will be celebrating 45 years as a local AARP Chapter. Wally and Shirley Reek of the State Chapter will be presenting us with an award and will be speaking about care giving. Special refreshments will be served compliments of the State Chapter.

AARP meetings are held at the Fond du Lac Senior Center every 3rd Thursday of the month at 1:30 p.m. They are free to attend and open to the public—all ages welcome. Refreshments are served. The cost to join the local AARP chapter is \$3.

S.C.A.C. Meeting

(Senior Citizens Advisory Committee)

Friday, March 20; 8:30 a.m.

The public is welcome to attend!

S.C.A.C. meets the 3rd Friday of every month at 8:30 a.m. at the Fond du Lac Senior Center.

The committee was formed to represent the needs and concerns of senior citizens in our community. They represent the senior citizens in the Fond du Lac community and make recommendations for action by the City Council as appropriate. The committee also serves as a liaison to the County's Commission on Aging and serve in an advisory capacity to the Senior Center Director on Center operations, budgeting, programming, and other related matters.

March is Essential Tremor Month

Essential Tremor (ET) is a neurological disorder that causes hands, heads and voices to shake. It can also cause legs and trunk to shake, some people have a feeling of internal tremor. More than 10 million Americans have ET.

Learn more at www.EssentialTremor.org.

FREE TAX ASSISTANCE

Call 322-3630 to schedule an appointment

The Fond du Lac Senior Center will be offering tax assistance again this year. Tax Aide will be offered on Tuesdays, Wednesdays, and Thursdays from 8:30 a.m. until 4:30 p.m. through Wednesday, April 15. To make an appointment, please call the Senior Center at 322-3630.



The Tax-Aide program, administered through the AARP Foundation in cooperation with IRS, is designed to assist the elderly in preparing their personal income tax returns, but the trained volunteers can also help all low-to-moderate income age groups.

Although there are certain types of tax situations such as rental property, farm or business income that are not covered by the Tax-Aide program, the volunteers will be able to assist most area residents. This is an AARP and IRS co-sponsored community service.

Lutheran Homes & Health Services

is proud to present



Where: Tarfa Terrace Dining Room
54 W. Arndt Street—1st Floor

When: 3rd Friday of every month—March 20

Time: 2:00-3:00 p.m.

Please bring a quarter per card. Pay one-time only.
Community welcome!



Fond du Lac Senior Center

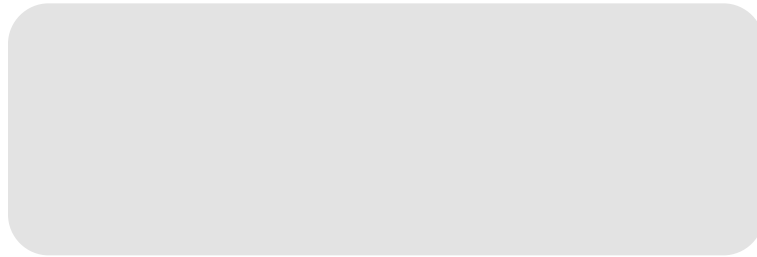
151 E. First Street
Fond du Lac, WI 54935

NON PROFIT ORG
U.S. POSTAGE

PAID

FOND DU LAC, WIS
PERMIT NO. 129

ADDRESS SERVICE
REQUESTED



FOND DU LAC SENIOR CENTER 920-322-3630

STAFF

DIRECTOR

Cathy Loomans 322-3630
cloomans@fdl.wi.gov

TRAVEL COORDINATOR

Mary Schneider 322-3635

WELLNESS COORDINATOR

Jean Holzman 322-3636

CRAFT SHOPPE COORDINATOR

Pat Lefebvre 322-3638

BOOKKEEPER

Pat Heyer 322-3639

OFFICE ASSISTANT

Katie Fischer 322-3639

PROGRAM COORDINATOR

Cathy Halfmann 322-3633

MARKETING/FUND COORDINATOR

Joan Brezinsky 322-3640

CENTER CARETAKER

Bob Rose 322-3630

COUNSELOR

Andrea Mitchell 920-225-1709

FRIENDS BOARD OF DIRECTORS

Joanne Bunkelman

Robert Katzfey

Mary Kind

Vickie Michels

Charlotte Nelson

Maury Shultz

Wally Seibel

Judi Walters

Mary Weber

Fond du Lac Senior Center
is a member of **WASC**

Wisconsin
Association of
Senior
Centers



SENIOR CITIZEN ADVISORY COMMITTEE

Ruth Dauterman

Barbara Lukas, Chair

Councilman Gary Miller

Charlotte Nelson

Ross Purcell

Dave Redman

Jaime Roth

John Silah

Ruth Smith

MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

VISION

TO ENHANCE THE QUALITY OF LIFE OF EVERY SENIOR IN OUR COMMUNITY